

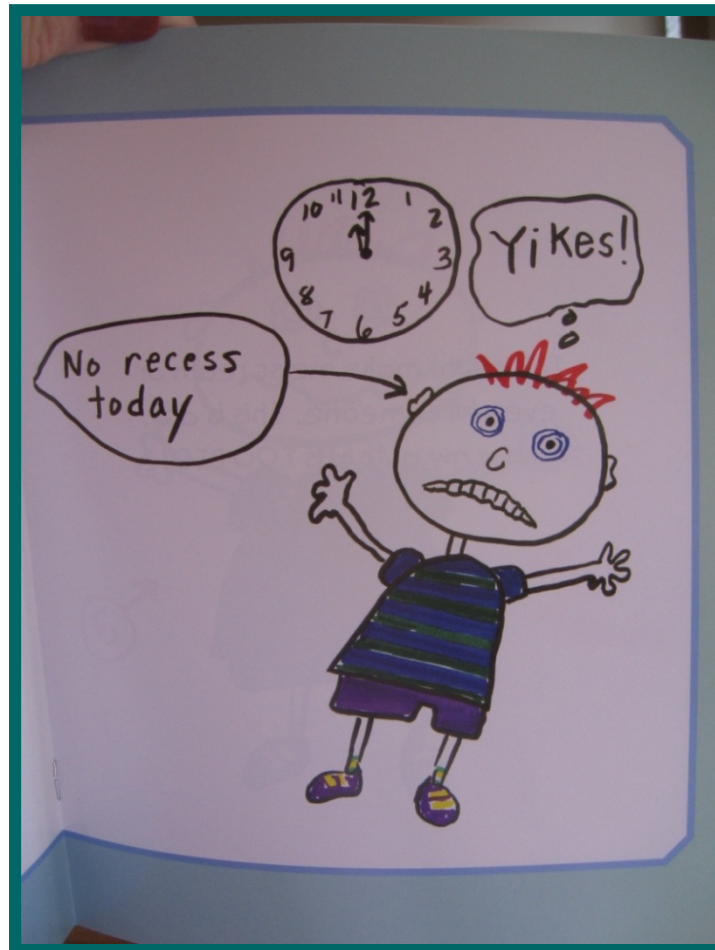
IF I'M SO SMART, WHY IS
SCHOOL SO HARD?

Supporting Students with Asperger Syndrome in
Elementary General Education Classrooms

Support for the Anxious Student

**Potentially
stressful
situations**

**Managing
anxiety**



From Buron, When My Autism Gets too Big!

Potentially Stressful Situations

- ❑ **Getting ready for school**
- ❑ **Entering the building**
- ❑ **Sitting close to others**
- ❑ **Keeping up with classmates**
- ❑ **Struggling with difficult work**
- ❑ **Answering direct questions**
- ❑ **Dealing with sarcasm**
- ❑ **Making eye contact**



Potentially Stressful Situations

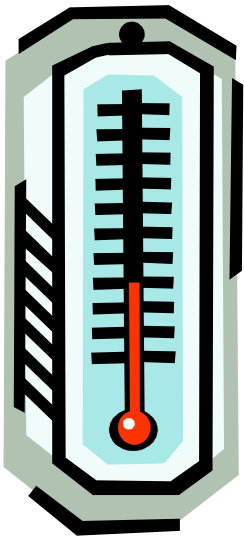
- ❑ Interacting with peers
- ❑ Dealing with teasing and bullies
- ❑ Eating in the cafeteria
- ❑ Navigating through unstructured times (recess, free-choice)
- ❑ Attending assemblies
- ❑ Having a substitute teacher
- ❑ Exiting during a fire drill
- ❑ Going on a field trip
- ❑ Arriving home



Managing Anxiety

Take steps to reduce stress for the individual:

- Increase structure during stressful situations
- Maintain routines and predictability
- Help student recognize his/her signs of stress
- Provide options that allow student to self-regulate
- Refrain from asking WHY he did something
- Task cards
- No sarcasm
- Don't demand eye-contact



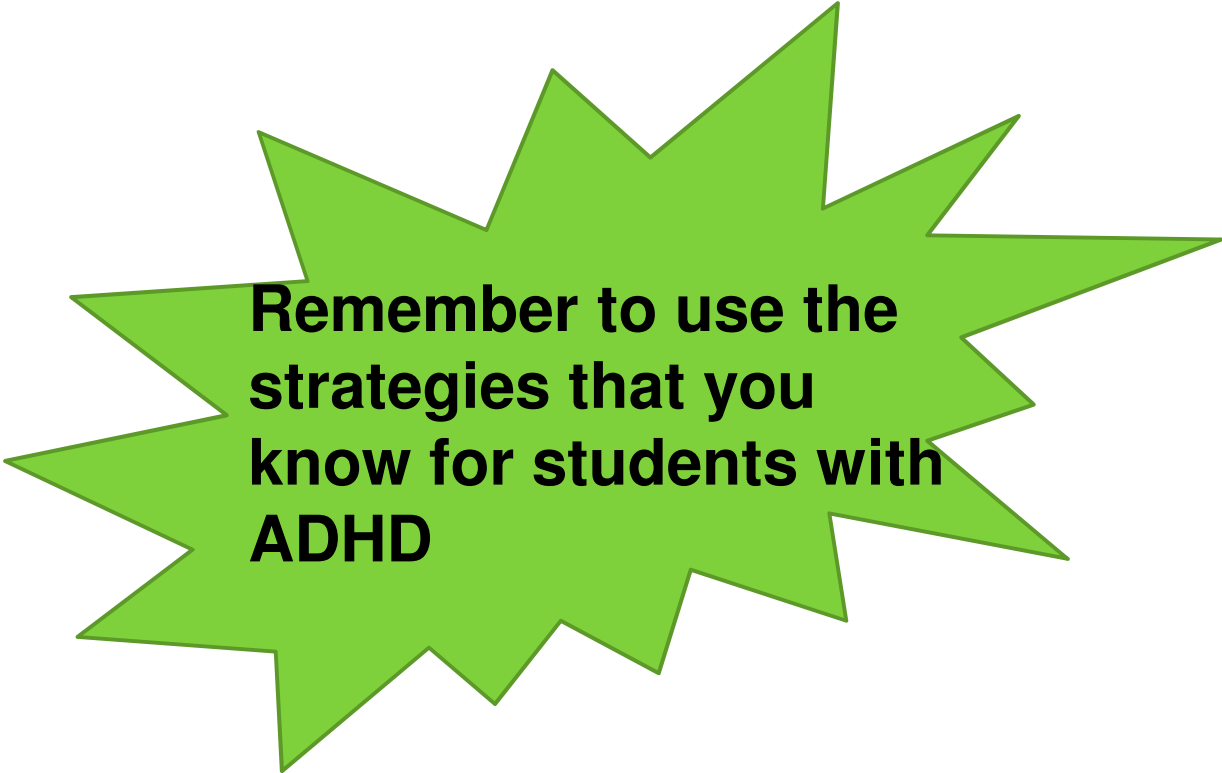

Managing Anxiety



- Provide a “COOL ZONE”
- Music (background and through ear phones)
- Provide opportunity for down time
- Provide opportunities for exercise
- Give student more space
- Have a “0 tolerance” for teasing and bullying
- Provide accommodations where necessary
- Don’t resent the need to accommodate
- Be patient



Supporting Attention, Focus and Listening



**Remember to use the
strategies that you
know for students with
ADHD**

Supporting Listening / Attention



- **Provide visual supports when possible.**
 - ▣ **Overheads, written instructions, pre-written notes, pictures, graphs, cartoons.**
- **Teach student to listen with ears and eyes. Watch the speaker, “lip read” and pay attention to environmental cues.**
- **Ask student to repeat what was said (especially instructions).**

Supporting Listening / Attention



- **Teach student “how to listen”:**
 - **Sit up**
 - **Lean forward**
 - **Look at the speaker**
 - **Think about what you are hearing**